

NATURE AND A WOMAN'S WORK



LYDIA E. PINKHAM

Nature and a woman's work combined have produced the grandest remedy for woman's ills that the world has ever known.

In the good old-fashioned days of our grandmothers they relied upon the roots and herbs of the field to cure disease and mitigate suffering. The Indians on our Western Plains to-day can produce roots and herbs for every ailment, and cure diseases that baffle the most skilled physicians who have spent years in the study of drugs.

From the roots and herbs of the field Lydia E. Pinkham more than thirty years ago gave to the women of the world a remedy for their peculiar ills, more potent and efficacious than any combination of drugs.

Lydia E. Pinkham's Vegetable Compound is now recognized as the standard remedy for woman's ills.

Mrs. Bertha Muff, of 515 N.C. St., Louisiana, Mo., writes:

"Complete restoration to health means so much to me that for the sake of other suffering women I am willing to make my troubles public.

"For twelve years I had been suffering with the worst form of female ills. During that time I had eleven different physicians without help. No tongue could tell what I suffered, and at times I could hardly walk. About two years ago I wrote Mrs. Pinkham for advice. I followed it, and can truly say that Lydia E. Pinkham's Vegetable Compound and Mrs. Pinkham's advice restored health and strength. It is worth mountains of gold to suffering women."

What Lydia E. Pinkham's Vegetable Compound did for Mrs. Muff, it will do for other suffering women.

SHE WAS NO HASBEE.

Smoking Car Just the One Old Woman Was Looking For.

"Madam," said the brakeman as the train stopped at a village station and a little old woman started to enter the smoking car, "the car back is the one you want."

"How do you know?" she tartly asked.

"Because this is the smoking car," she pushed past him and climbed up the steps, and after taking a seat she pulled out and filled a pipe, struck a match on the sole of her shoe, and after drawing a few puffs she said to a man smoking a cigar across the aisle:

"That young fellow out there don't know half as much as he thinks he does."

"How so?" was asked.

"He took me for an old woman that had never rode on the cars before, and told me this was the smoking car."

"And you wanted this car?"

"Why, I never ride in any other—not unless my pipe is broke, my tobacco all out and none of you men-folks will lend me a cigar."

ANNUAL SALES OVER NINE

Good, reliable quality is appreciated by the smoker. Over Nine Million (9,000,000) Lewis' Single Binder cigars sold annually. The kind of cigar smokers have been looking for, made of very rich, mellow tasting tobacco. It's the judgment of many smokers that Lewis' Single Binder straight 5 cigar equals in quality the best 10c cigar. There are many imitations of this celebrated brand. Don't let them fool you. There is no substitute.

Tell the dealer you wish to try a Lewis' Single Binder.

Lewis Factory, Peoria, Ill., Originals. The Tin Foil Smoker Package.

Just a Plain Commoner. Royal names for hotels are sometimes the cause of peculiar misunderstandings. An aged farmer from the home county decided to make a visit to Toronto. It was the first time he had been at a city station and when a hotel clerk hurried to him with the interrogation: "King Edward?" the newcomer simply said as he answered: "No sir—Thomas Cox of Eramosa."

Laundry work at home would be much more satisfactory if the right starch were used. In order to get the desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fabric is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Defiance Starch, as it can be applied much more thinly because of its great strength than other makes.

Most Acceptable Worship. The worship most acceptable comes from a cheerful and thankful heart.—Pittsburgh.



FOR THE HOT DAYS

VARIOUS DEVICES THAT MAKE FOR COMFORT.

Camping Idea for Care of Meat Will Be Appreciated by the Practical Housekeeper—Awnings for the Plaza.

The canvas home has become so popular during the summer months that a decided advance has been made in materials and outfits for camp life. Many of these devices are worthy of attention, and recommend themselves not alone to the lover of outdoor life, but to the practical housekeeper as well. The collapsible meat safe is made of English bobbins, washable and extra strong. Circular bands of wire form a sort of cage, over which the bobbins are stretched. Suspended from tree or beam this safe protects all meats from insects, while everything is left open to the air. The new folding camp stove ranges from three to five dollars. There are no lids to this stove and the fire is fed from a door at the end. The stove is made of sheet steel, all edges wired and top-braced. It sits flat on the ground, and its weight is from 12½ to 19½ pounds. Ovens and aluminum bakers, which bake and roast when placed against the side of the stove, are said to be satisfactory. An excellent grate for cooking over coals can be bought for 75 cents. Made of heavy wire rods it stands about one foot high, and when not in use the legs fold flat and can be easily carried or packed. Pocket filters are useful, and their price is about one dollar.

When choosing awnings for the summer plaza select the shades that fade least and then take precaution to preserve them. Whether it is best to roll up an awning or leave it down during a rainstorm is an open question. Many declare that if left down they become thoroughly washed, and the rain runs off, taking dust and dirt with it, while if left up the water settles in the cloth in little pools and afterward stains are apt to appear. Of course, during a windstorm all awnings should be raised. Light straw awnings are very satisfactory used for a screen, but they seldom last more than one season. After they are no longer useful for the screen, they can be used to cover the glass on the hotbeds to protect young plants from too much sun.

A house or apartment can have a cool appearance if everything is removed that is suggestive of warmth. Instead of carpets and heavy rugs, cover your floors with either matting or rag rugs. Mattings can be easily kept free from dust by occasionally wiping it off with a damp cloth. At the windows have dotted Swiss curtains, and heavy hangings may be replaced with pretty cottonones. All heavy furniture should be covered. Have plenty of flowers or pots of ferns about your rooms. The meals can be served with no table covering except doilies. In the early morning have the windows opened for an hour or two, and then all closed, and the rooms kept dark until late in the afternoon. This will keep out the heat as well as dust.

Killing Cabbage Odor.

Cabbage may be boiled without emitting that objectionable odor by placing a big peeled onion into the midst of the cabbage and on top slices of stale bread cut thick.

Do not add too much water to the cabbage at one time, or it will soak the bread and cause it to separate and mix with the cabbage, but, rather, add water from time to time in course of the boiling process.

Upon the back of the stove, where it will just simmer, set a small vessel containing vinegar and sugar.

The bread and onion absorb the odor, and the vinegar and sugar are a precaution to make assurance doubly sure.

Blackberry or Raspberry Vinegar.

Cover two quarts of berries with strong vinegar and let stand two weeks. Mash the berries and strain the liquid over two quarts fresh berries. Let stand a week, then mash and strain again. To each quart of the resultant vinegar allow a point of sugar, bring to the boiling point, skim thoroughly, and bottle while hot. Use new, sound corks. This furnishes a grateful and wholesome acid on hot days, diluted with cold water. A quart of this will suffice to supply the needs of a good sized picnic party as a table-spoonful, or two at most, will make a glass of delicious "shrub."

Making Jam.

The primitive method of stirring jam for hours while preserving it has given place to a more simple method which is not only much less difficult, but the fruit has a more natural flavor. Mash the fruit thoroughly with a wire potato masher, add the same quantity of sugar, put for pint, and place in a granite kettle on the stove to boil. As soon as it has thoroughly boiled, it can be removed and the jars immediately filled and sealed.

Florida Loaf.

For six persons: Get one and one-half pounds of good round-steak, one-half pound of salt pork, and one-quarter pound smoked ham, have same ground all together at the butcher's; then add two eggs, two medium sized onions, one cup breadcrumbs; mix all these ingredients together, roll in buttered tissue paper, and bake one hour, after same has been seasoned to taste.

Green Corn Pancakes.

Take a quart of grated corn, one cupful of flour, one cupful of milk, one tablespoonful of melted butter, four eggs, one-half of a teaspoonful of salt. Beat the eggs separately, add the yolks to the corn, then the milk, flour and salt; beat well and stir in very carefully the well-beaten whites. Bake on a hot griddle.

Beaten Biscuit.

One quart of flour, a small teaspoonful of salt and a pinch of butter, hard, mixed, about the size of an egg. Mix with cold water into very stiff dough. Beat on a biscuit block with an axe until the dough is smooth and blisters. Mold by hand and bake in a quick oven.

Washington Whisperings

Interesting Bits of News Gathered at the National Capital.

Capital Besieged by Relic Sellers



WASHINGTON.—The 60 and 75 horse-power millionaires that magnificently swell the population of the capital of the country innocently and indirectly make life a burden to their neighbors of a less estate. Money is an awful nuisance, don't you see, when it belongs to somebody else and not to you.

The trouble of it is that one's friends in the provinces ascribe even to the lowliest in Washington some occult power over the pursestrings of the resident plutocrats.

One is always being besieged by the indigent from the home districts to work some graft in their behalf upon the over-biddered denizens of the District of Columbia.

They write to you seductively: "You go out so much and know of so many rich people, I'm sure you'd have no difficulty in disposing for me, for a handsome sum, of two old claw-foot tables, a warming pan and a portrait

by Sully of Great Grandfather Thingumbub. I understand Senator Clark is a connoisseur. He'd likely esteem it a privilege to be allowed to purchase, and the interest in the mortgage is due and we need the money so." The millionnaire Senator Clark during his incumbency was the prey at large of all the old junk vendors of the nation. The little bewhiskered gentleman was a shrewd and thrifty bargainer, however, and seldom fell a victim unwarily.

There isn't a senator or congressman in the entire catalogue who isn't persecuted by importunate constituents now and then to convert himself, in their interests, into a private rummage sale. There is a hazy dream of Washington that flows with milk and honey and crisp new paper dollars, and that the beneficiaries are eager to divide, for value received.

Hawkers of old objects, valuable either intrinsically or in only their owners' eyes, are among the afflictions prominent women have to bear. There's scarce a day that some decayed gentlewoman or her emissary isn't out peddling, in a deprecating way, some valued heirloom that it wrings her heart to part with. Family jewels are always on the market, old laces, books and objects d'art.

Uncle Sam Tells How to Make Pure Pies



PROGRESS made in food and drug inspection and legislation during 1907 is explained in detail in the year book of the department of agriculture, just issued. The book shows that methods of manufacture were studied by government experts and whenever possible assistance was given manufacturers in improving their methods. By means of sterilization it was found that various fruit and vegetable products can be preserved without the use of chemical preservatives. The experiments along this line resulted in new methods for the preservation of pie-filling articles and canned goods.

Extensive investigations as to the use of sulphur for drying fruit were made, resulting in the discovery of better methods for drying fruit and in disclosing the fact that molasses and syrup do not contain so much sulphur as has generally been supposed.

The study of the influence of cold storage on the value of food gained much headway. Among the more im-

portant studies of the methods of manufacture and preservation of foods and drugs were the bleached flour investigation, the lemon oil investigation, the whisky investigation and the investigation of nonfermented beverages alleged to contain cocaine or other objectionable drugs.

The experimental work of the bureau of chemistry, the enforcement of the federal food and drugs act, numerous investigations and the part played by various states in the enactment of laws regulating the manufacture and sale of foods are some of the subjects treated in the book. During the year, out of 44 legislatures which met, 40 enacted laws relating to the purity of foods.

The bureau of chemistry established ten additional branch laboratories throughout the country, where samples of food and drugs collected by inspectors under the direction of a chief inspector are sent. During last year 7,041 samples of foods and drugs were sent to these laboratories, resulting in 323 hearings and the transmittal of 12 criminal cases to the department of justice for prosecution. One of the greatest difficulties encountered was to secure a sufficient number of inspectors or chemists possessing the requisite training and experience in foods and drugs.

Japanese Diplomat Stops a Runaway



MR. MASANO HANIHARA, second secretary of the Japanese embassy and a social favorite of the diplomatic corps, was so severely injured from the result of his daring rescue of an American woman from a runaway horse that he may suffer the consequences for the remainder of his life. The Japanese diplomat was battered and bruised and had his foot so badly crushed by the horse's hoof that it will be months before it is healed. The rescue occurred some days ago.

Mr. Hanihara was walking along Rhode Island avenue on his way to the embassy and had started to cross the street when his attention was attracted by cries of "Look out!" by several persons in the vicinity. Turning he saw a horse drawing a light runaway with a young woman and a companion dashing toward him. The

horse was plunging wildly from side to side, driving every one pell mell for shelter as it neared the spot where Mr. Hanihara stood. The young Japanese, who stands about five feet and is small in proportion, dodged out of the way, but no sooner had the horse come abreast of him than he made a leap for the bridle. The terrific speed of the enraged animal made him miss his hold and swung him under the horse's hoofs, but before he completely lost his hold he caught a grip on the bridle and swinging clear managed to climb on to the horse's back and bring him to a halt. The animal reigned his feet however, and by rearing, attempted to throw Mr. Hanihara from his back, but the diplomat tightened his grip gradually until the animal, snorting with pain, confessed itself vanquished.

When Mr. Hanihara reached the embassy he summoned his physician who found that the horse had trampled on his foot and crushed it badly. Treatment afforded little relief, as the bones were so badly bruised that an abscess formed and added considerable trouble. It is now feared that an operation may be necessary.

Social Incident Makes Society Smile



THE refusal of Minister and Mme. Gude to participate in the German led by William H. Taft will not produce a diplomatic incident between Norway and the United States. It cannot, because the United States has no official social functions and the squabbles about precedence never have anything more than an indirect effect upon diplomatic relations.

The minister created a great deal of talk among the many diplomatic officials in Washington, not because he had refused to participate, but because he allowed the hotel management to know why he refused.

The diplomatic view is that Minister Gude made an awful blunder in his refusal to accept the invitation. It is a better chance, probably, of becoming president of the United States than any other man, and that in standing upon his undoubted right to demand first place or none he did the worst thing possible.

"What if it is his right and duty to say he will not walk behind a mere private citizen," said a minor diplomatic society man in discussing the incident. "What good will that do him when Mr. Taft is the president? Will the then president have forgotten that the minister said he would not dance in the German with him?"

It was tactless for M. Gude to even suggest his rights to a "pig of a maître d' hotel," say the diplomats, because he should have known that the hotel man would tell the newspapers

about it and in that way his refusal would come to the ears of Mr. Taft. The only thing at all in favor of the minister is the fact that there is not a great deal of diplomatic business to his east between Norway and the United States and Mr. Taft is likely to be so busy for the first few months after he goes into office that he will forget there was such a man as Gude or that he ever declined to walk through the German behind the massive back of William Howard Taft.

The Wants of the Army.

The duke of Connaught is telling an amusing story of his recent visit of inspection to Egypt. While he was in Cairo he went for a stroll one morning, and on his way back to his quarters he came face to face with an old Englishman wearing the ribbon of the Indian mutiny on his breast. The duke stopped and spoke to the man about his military service for some little time.

Presently the man said, not knowing of course, to whom he was speaking: "Are you in the army yourself, then, sir?"

The duke smiled and admitted that he was.

"Getting on all right?" was the next question.

The duke smiled again and said that he had not very much to grumble at on the whole, though perhaps he was not doing quite so well as he could wish.

OPEN DEALING IN PAINT.

Buying paint used to be like the proverbial buying of a "pig in a poke." Mixtures in which chalk, ground rock, etc., predominated were marked and sold as "Pure White Lead," the deception not being apparent until the paint and the painting were paid for. This deception is still practiced, but we have learned to expose it easily.

National Lead Company, the largest makers of genuine Pure White Lead, realizing the injustice that was being done to both property owners and honest paint manufacturers, set about to make paint buying safe. They first adopted a trade mark, the now famous "Dutch-Boy Palatur," and put this trademark, as a guaranty of purity, on every package of their White Lead. They then set about familiarizing the public with the blow-pipe test by which the purity and genuineness of White Lead may be determined, and furnished a blow-pipe free to every one who would write them for it. This action was in itself a guaranty of the purity of National Lead Company's White Lead.

As the result of this open dealing the paint buyer to-day has only himself to blame if he is defrauded. For test outfit and valuable booklet on painting, address National Lead Company, Woodbridge Bldg., New York.

A wise man is apt to know when he has enough before he gets it.

Use Allen's Foot-Ease. Cured, itching, sweating feet. No. 1 trial package free. A. B. Olmsted, Le Roy, N. Y.

Miles of Human Hair. The average woman carries 60 miles of hair on her head.

Clear white clothes are a sign that the housekeeper uses Red Cross Ball Blue. Large 2 oz. package, 5 cents.

A Westernized Proverb. Out in Nevada it is said that they change the old adage "Death loves a shining mark" to "Death loves a mining shark."—Western Christian Advocate.

Largest Rock Crusher in Operation. The largest rock crusher in the world was recently thrown into operation in a cement mill at South Pittsburgh, Tenn., and it crushes all the rock used by a 4,000-barrel plant. The machine has an hourly capacity of 800 tons and 60 per cent. of the product is in pieces four inches or less and 20 per cent. in pieces two inches or less. The crusher is 19 feet in height and weighs 425,000 pounds. The hopper is 20 feet in diameter. The operation of this machine alone requires 29 horse power.

Her Reserved Seat. It was raining and the car was sopping wet. Most of the passengers stood, but there are always exceptions.

One big pink man with a snowy beard defied rheumatism and wet cloth by plunging himself down on one of the drippy seats. His presumable wife, with a laughing explanation that she was tired, seated herself in his lap. And when the conductor came along to collect fares she inquired, with the earnestness of one who seeks knowledge:

"Do I have to pay extra for a reserved seat?"

The conductor spoke no words that could go resounding down the corridors of time. He just grinned, and the passengers grinned with him.

QUITE SAFE WITH HER.

One Secret "Tootsie" Surely Never Would Pass Along.

"John, love," said the young wife, "you oughtn't to have any secrets from me."

"Well, Tootsie?"

"You go to lodge meetings, and you never tell me anything about them."

"They wouldn't interest you, dear. I don't mind giving you the password, though, if you'll promise never to disclose it to a living soul."

"I'll promise never to tell it to anybody."

"Remember it's to be repeated only once and very rapidly."

"I'll remember. What is it?"

"Aldarborontophosphorinosticos."

"What? Please say it again, a little slower."

"Have you forgotten the conditions already? I said 'only once and very rapidly.'"

(Tearful pause.)

"O, dear! I wish you hadn't told me!"

FRIENDLY TIP

Restored Hope and Confidence.

After several years of indigestion and its attendant evil influence on the mind, it is not very surprising that one finally loses faith in things generally.

A N. Y. woman writes an interesting letter. She says:

"Three years ago I suffered from an attack of peritonitis which left me in a most miserable condition. For over two years I suffered from nervousness, weak heart, shortness of breath, could not sleep, etc.

"My appetite was ravenous, but I felt starved all the time. I had plenty of food but it did not nourish me because of intestinal indigestion. Medical treatment did not seem to help. I got discouraged, stopped medicine and did not care much whether I lived or died."

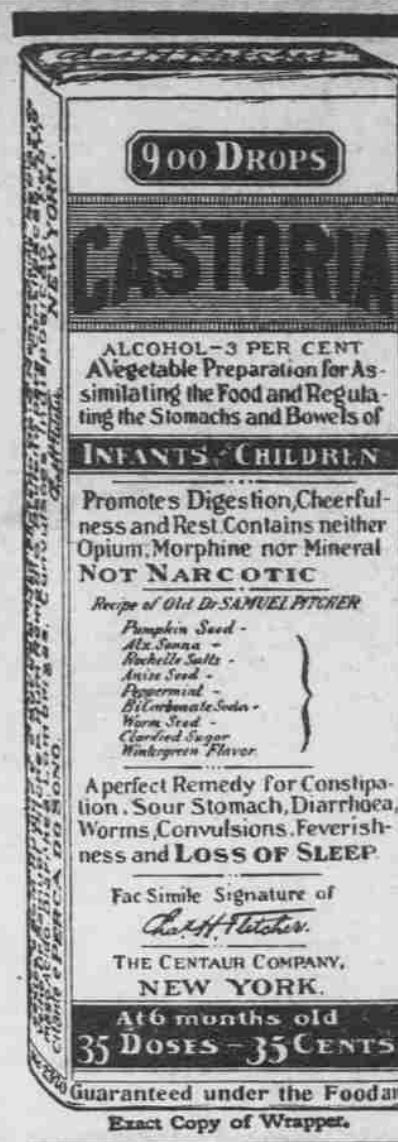
"One day a friend asked me why I didn't try Grape-Nuts, stop drinking coffee, and use Postum. I had lost faith in everything, but to please my friends I began to use both and soon became very fond of them."

"It wasn't long before I got some strength, felt a decided change in my system, hope sprang up in my heart and slowly but surely I got better. I could sleep very well, the constant craving for food ceased and I have better health now than before the attack of peritonitis."

"My husband and I are still using Grape-Nuts and Postum." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature

of

In Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



The Girl—Yes, Willie, I think we'd better call our engagement off!
The Boy—Why, Genevieve?
The Girl—Well, I'm just thinkin' that any man that can sit with his back to a girl, fishin' for four hours, ain't very much in love!

European News Disseminators.

A French statistician calculates that there is one newspaper published for every 82,000 inhabitants of the known world. In Europe, Germany heads the list with 5,500 newspapers, of which 800 are published daily. England comes next, 3,000 newspapers, of which 809 are "dailies," and then comes France, with 2,819 newspapers, of which only one-fourth are daily or published twice or thrice a week. Italy comes fourth, with 1,400 papers, and is followed by Austria-Hungary, Spain, Russia, Greece and Switzerland, the last having 450 newspapers. Altogether, Europe has about 20,000 newspapers.

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

Honesty No Bar to Fortune.

It is a mistake to think that vast fortunes cannot be built up by honest methods. They can and often are. There are thousands of men among whose riches there does not mingle one particle of the sweat of unrequited toil, on whose crimson plush there is not one drop of the heart's blood of the needlewoman, whose lofty halls are the marble of industry, not the sinews and bone of the toiling masses.—Dr. Madison C. Peters.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Those Men!

"I went into the office looking like a fright," said the woman. "I didn't have a chance to straighten my hat or put my hair or anything. I had intended to primp going up in the elevator, but there was a man standing before each mirror twirling his mustache and I couldn't even get a peep at myself."

TO DRIVE OUT MALARIA.

Take the Old Standard GROVES TASTELSS CHILL TONIC. You know what you are taking. The formula is plainly printed on every bottle, showing the simple Quinine and Iron in a tasteful form, and the most effective form. But grown people and children like it.

The Long Climb.

It is said that a man begins to go down hill at 40, but a good many people find that the up-hill climb begins at that age.

Your Druggist Will Tell You

That Murine Eye Remedy Cures Eyes, Makes Weak Eyes Strong, Doesn't Smart, Soothes Eye Pain and Sells for 50c.

Occasionally.

And sometimes a man gets married in order to have some one believe his talk.

Integrity of character is more to be esteemed than mere capacity or genius.—Adams.

PILES—NO MONEY TILL CURED. SEND FOR FREE BOOK. THORNTON & MINOR, 1500 6th St., KANSAS CITY, MO.

Fine Y. M. C. A. Building Planned. A Young Men's Christian Association building that cost to build and equip more than a million dollars is to be opened in Philadelphia this fall, with Walter M. Wood of Chicago in charge as secretary. An effort is to be made to recruit the membership to 4,000, so that the largest possible number of boys may have the benefits of the new structure. Philadelphiaans are proudly pointing to one of the three finest Young Men's Christian Association homes in the world, the other two being the Twenty-third street branch, in New York, and the central building in Chicago.

Ingratitude is a sign of weakness; one never finds a strong man ungrateful.—Mountfort.

DIARRHOEA

If you or some member of your family were taken suddenly to-night with Diarrhoea, Dysentery, Flux, Cholera Morbus, or Cholera Infantum, would you be prepared to check it?

Every home should have a supply of

Wakefield's Blackberry Balsam

It is a most reliable remedy for all loose conditions of the bowels. All druggists sell it.

SICK HEADACHE

Pos